

Français: Free-time activities and healthy and unhealthy living

1 Usual free-time activities

Regular -er, -ir, -re verbs and Present tense of common irregular verbs – see [Year 10 Term 2 Knowledge Organiser](#)

Time phrases including frequency adverbs – see [Year 10 Term 2 Knowledge Organiser](#)

Justifying opinions – both positive and negative – using a range of connectives – see [Year 10 Term 2 Knowledge Organiser](#)

Free-time vocab

General vocab:	Sports:	Free-time – HIGHER TIER vocab:
l'argent (m) money	le centre sportif sports centre	s'abonner to subscribe
le billet ticket	le club des jeunes youth club	l'ado (m/f) adolescent
chanter to sing	courir to run	la chorale choir
le chanteur/la chanteuse singer	l'équitation (f) horse riding	la course race
la chanson song	l'escalade (f) rock climbing	les échecs (m) chess
commencer to start	la natation swimming	les effets spéciaux (m) special effects
débuter to begin	le patinage à glace ice skating	l'espèce (f) type, kind
(le) fana de a fan of	la patinoire ice rink	félicter to congratulate
s'intéresser à to be interested in	la pêche fishing/peach	le lieu (avoir lieu) place (to take place)
le passe-temps hobby	la planche à voile wind-surfing	marquer un but/un essai
payer to pay (for)	la piscine swimming pool	to score a goal/try
prendre to take	le skate skateboarding	la séance performance
la promenade walk	le ski (nautique) (water) skiing	la tournée tour
rencontrer to meet	les sports d'hiver (m) winter sports	le tournoi tournament
le temps libre free time	le stade stadium	
la vedette film star	la voile sailing	
voir to see		
vouloir to wish, want		

2 Recent activities with friends / family

The perfect tense with avoir of regular and irregular verbs

Choose the correct pronoun and part of Avoir	Add a past participle. These are some common regular and irregular ones
j'ai – I have	joué - played
tu as – you (singular/informal) have	regardé – watched
il a – he has	écouté – listened to
elle a – she has	mangé – eaten
on a – we have	fini - finished
nous avons – we have	vendu - sold
vous avez – you (plural/formal) have	répondu – replied
ils ont – they have	fait – done
elles ont – they have	écrit – written
	lu – read
	bu - drunk

The perfect tense with être

Choose the correct pronoun and part of être	Add a past participle. These are some common regular and irregular ones
Je suis – I am	allé (e) (s) – went / gone
tu es – you (singular/informal) are	venu (e) (s) – came
il est – he is	arrivé (e) (s) – arrived
elle est – she is	sorti (e) (s) – went out
on est – we are	entré (e) (s) – entered
nous sommes – we are	resté (e) (s) – stayed
vous êtes – you (plural/formal) are	né (e) (s) – born
ils sont – they are	mort (e) (s) – died
elles sont – they are	parti (e) (s) – left / departed

2 Recent activities with friends / family continued

Past tense time phrases

l'année dernière – last year

avant-hier – the day before yesterday

hier – yesterday

il y a – ago

samedi dernier – last saturday

la semaine dernière – last week

le weekend dernier – last weekend

Justifying opinions in the past tense

j'ai aimé..../ j'ai adore – I liked / I loved

je n'ai pas aimé / j'ai détesté – I didn't like / I hated

parce que c'était – because it was...

nul – rubbish

ennuyeux – boring

utile – useful

inutile - useless

3 Future plans with your friends / family

The near future tense

Choose the correct pronoun and part of aller (to go)	Add an infinitive
je vais – I am going	regarder – to watch
tu vas – you (singular/informal) are going	jouer - to play
il va – he is going	arriver – to arrive
elle va – she is going	sortir – to go out
on va – we are going	manger – to eat
nous allons – we are going	boire – to drink
vous allez – you (plural/formal) are going	faire – to do
ils vont – they are going	visiter – to visit
elles vont – they are going	rencontrer – to meet

Negatives in the near future

Remember the “negative sandwich” image and wrap the negative indicators around the **first** verb:

Eg je **ne** vais **pas** regarder le match

I am not going to watch the match.

Elle **ne** va **jamais** faire de l'équitation

She is never going to go horse-riding.

Alternatives to using Aller in the near future

j'espère – I hope to	manger
j'ai l'intention de – I intend to	sortir
je voudrais – I would like	regarder
je veux – I want to	faire
j'aimerais – I would like to	jouer
j'ai envie de – I want to	visiter

These expressions all indicate a ‘future’ intention, so you can use them as an alternative to aller.

They are also followed by an infinitive.

Giving and justifying opinions in the future

je vais	aimer....	parce que	ce sera	super
elle va	adorer....			nul
nous allons	détester....			utile
ils vont		Car		passionnant
je ne vais pas				intéressant
il ne va pas				ennuyeux

Connectives which help to justify opinions

aussi	also
d'ailleurs	moreover
en/de plus	moreover
pourtant	however
par contre	on the other hand
pour vrai dire	to tell the truth
à mon avis / selon moi / pour moi	in my opinion
en ce qui me concerne	as far as i am concerned
je crois que / je pense que	i think that

4. Comparing and expressing preferences about free-time activities – cinema/TV, sport, eating out

j'aime	Regarder...	parce que c'est	plus	intéressant (s)
j'adore	manger...		moins	passionnant (s)
je n'aime pas	visiter....		aussi	
je déteste	écouter			
je préfère		parce qu'ils sont		

Je préfère regarder les films policiers parce qu'ils sont plus intéressants que les films d'amour.

I prefer to watch detective films because they are more interesting than romantic films.

Je n'aime pas jouer au tennis parce que c'est moins passionnant que le foot.

I don't like playing tennis because it is less exciting than football.

TV/Film vocab:

les actualités (f)	news
chanter	to sing
le chanteur	singer
la chanteuse	singer
débuter	to begin
(le) fana de	a fan of
le feuilleton	soap opera
le film de guerre	war film
le film policier	detective film
le jeu télévisé	game show
la publicité	adverts
la série	series
la télé réalité	reality television
la vedette	film star

5. Lifestyle choices and their importance – food and drink, fitness, smoking, drugs, alcohol

Food and drink vocab:	coûter	to cost	le jambon	ham	la pomme de terre	potato	
l'agneau (m)	lamb	la crêpe	pancake	le lait	milk	le potage	soup
le beurre	butter	les crudités (f)	raw chopped vegetables	les légumes(m)	vegetables	le poulet	chicken
la bière	beer	la dinde	turkey	la nourriture	food	les raisins (m)	grapes
le bœuf	beef	l'eau (minérale) (f)	(mineral) water	l'œuf (m)	egg	le repas	meal
boire	to drink	l'escargot (m)	snail	l'oignon (m)	onion	le sel	salt
la boisson	drink	essayer	to try	les pâtes (f)	pasta	le serveur/la serveuse	waiter, waitress
le canard	duck	la fraise	strawberry	payer	to pay (for)	le steak haché	burger
la carte	menu	la framboise	raspberry	le plat principal	main meal/dish	le sucre	sugar
le champignon	mushroom	les fruits de mer (m)	seafood	le riz	rice	le thé	tea
choisir	to choose	la glace	ice cream	le poisson	fish	la viande	meat
le citron	lemon	les haricots verts (m)	green beans	la pomme	apple	le yaourt	yoghurt
commander	to order						

Social issues vocab:

l'alcool (m)	alcohol	en bonne forme	fit	le médecin	doctor
l'alimentation (f)	food	en bonne santé	in good health	le médicament	medicine
(s') arrêter	to stop	équilibré	balanced	l'obésité (f)	obesity
le bonbon	sweet	éviter	to avoid	l'odeur (f)	smell
le bonheur	happiness	faible	weak	le petit déjeuner	breakfast
le chocolat	chocolate	faire un régime	to be on a diet	se relaxer	to relax
combattre	to combat	fatigue	tired	rester	to stay
le déjeuner	lunch	la forme	fitness	réussir	to succeed
se détendre	to relax	fort	strong	sain	healthy
devenir	to become	fumer	to smoke	la santé	health
le dîner	evening meal	garder	to look after	(se) sentir	to feel
dormir	to sleep	gras	fatty	le sommeil	sleep
la drogue	drug	l'habitude (f)	habit	sucré	sugary
se droguer	to take drugs	malade	ill, sick	le tabac	tobacco
l'eau potable (f)	drinking water	la maladie	illness	tuér	to kill
		malsain	unhealthy	vide	empty
		les matières grasses (f)	fats	vomir	to be sick

6 Future health plans

The simple future tense

-er verbs - manger – to eat	-ir verbs - sortir – to go out	-re verbs – vendre – to sell
je mangerai – I will eat	je sortirai – I will go out	je vendrai – I will sell
tu mangeras – you (singular/informal) will eat	tu sortiras – you (singular/informal) will go out	tu vendras – you (singular/informal) will sell
il mangera – he will eat	il sortira – he will go out	il vendra – he will sell
elle mangera – she will eat	elle sortira – she will go out	elle vendra – she will sell
on mangera – we will eat	on sortira – we will go out	on vendra – we will sell
nous mangurons – we will eat	nous sortirons – we will go out	nous vendrons – we will sell
vous mangerez – you (plural/formal) will eat	vous sortirez – you (plural/formal) will go out	vous vendrez – you (plural/formal) will sell
ils mangront – they will eat	ils sortiront – they will go out	ils vendront – they will sell
elles mangront – they will eat	elles sortiront – they will go out	elles vendront – they will sell
For regular verbs with an infinitive ending in -er or -ir, you form the simple future tense by using the infinitive as the 'stem' and adding the endings as shown above.		For regular verbs with an infinitive ending in -re, take off the final 'e' and use this stem + the endings.

Some common irregular verbs

Infinitive	English	Stem	Example
aller	to go	ir	j'irai
être	to be	ser	tu seras
avoir	to have	aur	elle aura
faire	to do	fer	nous ferons

For these verbs. You need to learn the stem, and add the same endings as those used in regular verbs.

Negatives in the simple future:

Wrap your negatives around the verb:

e.g. je ne mangerai pas le sucre – I will not eat sugar

elle ne consommera plus des matières grasses – she will no longer have fatty foods

Alternative negatives:

ne...jamais	never
ne...plus	no longer
ne...rien	nothing
ni...ni	neither...nor
ni...guère	hardly any
ne...que	only

Speaking questions to be prepared this term

8 Qu'est-ce que tu fais normalement pendant ton temps libre ?

9 Qu'est-ce que tu as fait le weekend dernier avec ta famille ou tes copains ?

10 Qu'est-ce que tu vas faire avec tes copains ou ta famille ce weekend?

11 Tu préfères regarder la télé ou aller au cinéma? Pourquoi?

12 Quelle est l'importance de faire du sport?

13 Qu'est-ce que tu feras dans le futur pour garder la forme?